



Choices : A Relapse Prevention Workbook for Female Offenders

Charlene Steen

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This ground-breaking workbook truly represents the opportunity for choosing a healthier life. Created as an adjunct to group or individual therapy, Choices is based on the cognitive-behavioral format Dr. Charlene Steen applied in the Adult Relapse Prevention Workbook, with extensive adaptation and additional material for the female audience. Chapters specific to female abusers include foci on autonomy, relationships, assertiveness, self understanding, and self destructive activities. The 65 exercises amplify concepts discussed in the text, encourage self examination and reinforce corrective behaviors and thinking. The underlying message is that female offenders have the power to make healthy choices and to stop offending.

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